School Food is an Equity Issue

- The National School Lunch Program was created over 70 years ago to address child food insecurity and malnutrition.
- We face many of the same problems today - particularly among low-income communities and communities of color.
- School meals play an important role in addressing childhood obesity and malnutrition.
1. Short History of School Food Continued…
2. DC School Food Snapshot
3. Finances and Requirements
School Food History Highlights

- Child Nutrition Act of 1966
- Nixon Admin saw NSBP go from $3.5 - $18M
- Dietary Guidelines created under Carter Admin
- Reagan era saw massive cuts to NSLP and NSBP
- Clintons launched School Meals for Healthy Children
- Michelle Obama!
School Food History Highlights

- Child Nutrition Act of 1966
- Nixon Admin saw NSBP go from $3.5M to $18M
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- Reagan era saw massive cuts to NSLP and NSBP
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DC School Food Snapshot

- **1 in 4** DC students live in poverty
- **1 in 2** DC students are at risk of hunger
- **1 in 3** DC 10-17 year olds are overweight or obese
- **8 in 10** DC students do not consume recommended amount of fruits and vegetables
48,600 students attend 115 DCPS schools
43,400 students attend 66 DC Public Charter Schools across 120 campuses
Over 4 in 5 DC students participate in NSLP every day
About 76% of students receive free meals
So HOW do school meals work?
DC School Food Landscape

DCPS Vendors

● **SodexoMAGIC** - 101 schools
  ○ Prepares on-site or in neighboring schools
  ○ Speed scratch

● **DC Central Kitchen** - 12 Schools
  ○ Central kitchen that does mostly bulk, raw processing
  ○ Delivers raw ingredients to individual school sites to cook from scratch
Charter Vendors

- 13 “self operated” charters prepare meals on-site
- 40 hire food service management companies
The DC school lunch experience

- Most students eat in their school cafeteria
- 3 options (two hot, one cold), fruit, vegetable, milk, optional salad
  - Students with dietary restrictions (vegan, etc) will receive special lunch
- Lunch periods about 20 minutes, but often feel rushed
  - Movement to bump recess before lunch so students are more focused on eating
Finances and Requirements

How the Money Flows:

- **Federal funding from USDA through National School Lunch Program**
- **Local funding from D.C. government through the Healthy Schools Act**
- **Students with incomes >185% of the Federal Poverty Level pay for meals**

**OSSE distributes federal and local funding to schools**

**Prepare their own meals (self-operated)**

**Hire a company to prepare meals**

**Hire a company to deliver meals**
Federal subsidies for meals
Finances and Requirements

Federal subsidies for meals

[Diagram showing how the money flows from USDA to students through federal and local funding, including OSSE distributing funds to schools and the process of preparing and delivering meals.]
### Table 12.11 School Breakfast Program Meal Pattern

<table>
<thead>
<tr>
<th>Food Group</th>
<th>New Requirements K–12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>1 cup per day (vegetable substitution allowed)</td>
</tr>
<tr>
<td>Grains and Meat/Meat</td>
<td>Daily minimum and weekly ranges for grains:</td>
</tr>
<tr>
<td>Alternate (M/MA)</td>
<td>Grades K–5: 1 oz equivalent minimum daily (7–10 oz weekly)</td>
</tr>
<tr>
<td></td>
<td>Grades 6–8: 1 oz equivalent minimum daily (8–10 oz weekly)</td>
</tr>
<tr>
<td></td>
<td>Grades 9–12: 1 oz equivalent minimum daily (9–10 oz weekly)</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>At least half of the grains must be whole grain rich beginning July 1, 2013. Beginning July 1, 2014, all grains must be whole grain rich.</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>Must be fat-free (unflavored/flavored or 1% low fat (unflavored))</td>
</tr>
</tbody>
</table>

**Note:** Quantity required School Year 2013–14. Schools may substitute M/MA for grains after the minimum daily grains requirement is met.

### Table 12.10 National School Lunch Program Meal Pattern

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<th>Food Group</th>
<th>New Requirements K–12</th>
</tr>
</thead>
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<tr>
<td>Fruit and Vegetables</td>
<td>3/4–1 cup of vegetables plus 1/2–1 cup of fruit per day</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Weekly requirement for:</td>
</tr>
<tr>
<td></td>
<td>• dark green</td>
</tr>
<tr>
<td></td>
<td>• red orange</td>
</tr>
<tr>
<td></td>
<td>• beans/peas (legumes)</td>
</tr>
<tr>
<td></td>
<td>• starchy</td>
</tr>
<tr>
<td></td>
<td>• other (as defined in 2010 Dietary Guidelines)</td>
</tr>
<tr>
<td>Meat/Meat Alternate</td>
<td>Daily minimum and weekly ranges:</td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
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</table>

**Source:** U.S. Department of Agriculture, Food and Nutrition Service, [www.usda.gov](http://www.usda.gov)
## Federal Reimbursement Rates - Free, Reduced, Paid

<table>
<thead>
<tr>
<th>Income</th>
<th>below 130% of the poverty line</th>
<th>130% - 180% of the poverty line</th>
<th>above 180% of the poverty line</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reimbursement Rate from USDA</td>
<td>$3.18</td>
<td>$2.82</td>
<td>$0.36</td>
</tr>
</tbody>
</table>
Healthy Hunger Free Kids Act

- Strengthened nutrition standards
- More schools serving meals for free
- More schools serving afterschool snack, supper
DC Healthy Schools Act

- Extra $0.10/meal for schools who meet higher nutrition standards
- Additional $0.5/meal for locally sourced fruit or veg
- Eliminates reduced price category and covers $0.36 difference
- Universal Free Breakfast
Finances and Requirements

FUEL 4 School
Universal School Breakfast & Lunch
Community Eligibility Provision
Finances and Requirements

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Hire a company to deliver meals
Average School Lunch Service Cost Breakdown

- **Food**
- **Labor** (including administrative labor)
- **Supplies, Contract Services, Indirect Charges**

* School Lunch and Breakfast Cost Study-II: Summary of Findings, FNS Office of Research, Nutrition, and Analysis, April 2008
Finances and Requirements

Let’s talk about the other pieces of the pie - labor and equipment.
RECAP

- History and shaping of our current national meal programs
- DC student population
- Nutrition requirements
- Federal and local funding to pay for meals
- Cost break down of an individual school meal - food, labor, equipment

Operating school meal programs are challenging!
Making school food even better

Opportunities in DC!
1. School Food Advisory Board
2. The Good Food Purchasing Program
3. Farm to School (Connecting cafeteria to the classroom)
4. Policy
School Food Advisory Board

- Space for DCPS to share information and receive feedback
- Goals: Improve school food and hold DCPS FNS accountable to school food community
Good Food Purchasing Program

- Flexible framework for large institutions to implement GOOD procurement practices focus on **5 core values:**
  - local economies
  - health
  - valued workforce
  - animal welfare
  - environmental sustainability

- DC will enter the “assessment” phase in Spring 2018
Making school food even better

DC GFPP Coalition

● Meets on a bi-monthly basis
● Diverse coalition of stakeholders working to support research, outreach, engagement and implementation of GFPP in DCPS
  ○ Goal: ensure the GFPP fits the unique needs and landscape of DC
  ○ Need more student/parent/farmer representation
Making school food even better

Join the DC Farm to School Network!
- Quarterly Farm to School Network Gatherings
- Annual Stakeholder Meeting
- Monthly Newsletter
- Training and Technical Support
Making school food even better

Policy

The Healthy Students Amendment Act of 2017

- Update to the Healthy Schools Act
  - Comprehensive bill that covers health and wellness broadly in schools
- Hearing was on November 16, 2017
- Council’s vote is still pending… Stay tuned!
Thank you!
Any questions?

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